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Pumpkins

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The USU Student Farm

CSA Newsletter

September 7, 2010

Volume 1 Issue 16

Farm News- Fall is Here!!

How about that rain? We started last week off with a very hard and long rain storm. We tried to start our harvest at our regular early 6:00 am, but by 7:00 am we gave up for awhile because of the downpour! It was so cold and so incredibly wet. Big huge raindrops dripped off our noses and our fingers were numb. We were lucky and the rain stopped for a few hours in the middle of the harvest, but the last two hours were even more wet and soggy than the first two. After such a cold wet day we realized that it is time to say goodbye to summer whether we want to or not. The days are getting shorter and shorter. Now we are crossing our fingers that the weather will be nice for a bit longer as we move out of summer and into autumn. Wish us luck.

The rest of the week was perfect. We had beautiful weather, not too hot and not too cold. On Wednesday we had a freshman connections class come and give us a hand. They got so much done in the short hour they were at the farm. We loved it! We love love love volunteers!

We have been monitoring the pumpkin patch and guess what. . . WE HAVE PUMPKINS! Lots and lots of them and they are huge and already turning orange! It might be the coolest thing ever. Hope you have a wonderful week.

The Students of the Farm
Ashley, Sara, Crista, and Bethany



Strawbale Structure Update

The farm is going to be getting a beautiful strawbale structure this fall. Ashley is heading up the project as a volunteer, separate from her farm internship, however she would love to have anyone involved that is interested, including you the CSA members! Building with strawbales is an aesthetically pleasing and sustainable way to build. The strawbales are already neatly stacked near the site. If you are interested in helping Ashley build or gather resources for the structure make yourself know n! Great things are happening and your involvement is welcome.

"Farming looks mighty easy when your plow is a pencil, and you're a thousand miles from the corn field"
Dwight D. Eisenhower

"The first farmer was the first man. All historic nobility rests on the possession and use of land"
Ralph Waldo Emerson

"There are only three things that can kill a farmer: lightning, rolling over in a tractor, and old age."
Bill Bryson.

"I have a farm and I love it there. There's really nothing to do, but even watching the chickens, its fun."
Salma Hayek

Recipes

Basil Pesto

Note that pesto is always made to taste, based on the ingredients at hand. So adjust the ingredients to your taste. Most pesto recipes call for Parmesan cheese, you can use Romano which has a stronger flavor. Most basil pesto recipes call for pine nuts but you can easily substitute walnuts. If you want to freeze the pesto you make, omit the cheese (it doesn't freeze well). Line an ice cube tray with plastic wrap, and fill each pocket with the pesto. Freeze and then remove from the ice tray and store in a freezer bag. When you want to use, defrost and add in grated Parmesan or Romano.

Ingredients

2 cups fresh basil leaves, packed
1/2 cup freshly grated Parmesan-Reggiano or Romano cheese
1/2 cup extra virgin olive oil
1/3 cup pine nuts or walnuts
3 medium sized garlic cloves, minced
Salt and freshly ground black pepper to taste

1 Combine the basil in with the pine nuts, pulse a few times in a food processor. (If you are using walnuts instead of pine nuts and they are not already chopped, pulse them a few times first, before adding the basil.) Add the garlic, pulse a few times more.

2 Slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Add the grated cheese and pulse again until blended. Add a pinch of salt and freshly ground black pepper to taste.

Makes 1 cup.

Serve with pasta, or over baked potatoes, or spread over toasted baguette slices.

Pumpkins!

How do you mend a broken Jack-o-lantern?

With a pumpkin patch!

Tell all of your friends! We have a pumpkin patch and will be letting people pick their own pumpkins this fall. Spread the word and stay tuned for more news.

A bit about Pumpkins

"Pumpkins are believed to have originated in North America. Seeds from related plants have been found in Mexico dating back to 7000 to 5500 B.C.

References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was changed by the French into "pompon." The English changed "pompon" to "Pumpion." American colonists changed "pumpion" into "pumpkin."

Native American Indians used pumpkin as a staple in their diets centuries before the pilgrims landed. They also dried strips of pumpkin and wove them into mats. Indians would also roast long strips of pumpkin on the open fire and eat them. When white settlers arrived, they saw the pumpkins grown by the Indians and pumpkin soon became a staple in their diets. As today, early settlers used them in a wide variety of recipes from desserts to stews and soups. The origin of pumpkin pie is thought to have occurred when the colonists sliced off the pumpkin top, removed the seeds, and then filled it with milk, spices and honey. The pumpkin was then baked in the hot ashes of a dying fire.

And Jack-O-Lanterns. . . On the magical night of Halloween, glowing jack-o-lanterns, carved from turnips or gourds, were set on porches and in windows to welcome deceased loved ones, but also to act as protection against malevolent spirits. Burning lumps of coal were used inside as a source of light, later to be replaced by candles."

From www.pumpkin-patch.com

